



PLANK CHALLENGE 2021!

JANUARY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4 Plank Time:	5 Plank Time:	6 Plank Time:	7 Plank Time:	8 Plank Time:	9 Plank Time:
10 Plank Time:	11 Plank Time:	12 Plank Time:	13 Plank Time:	14 Plank Time:	15 Plank Time:	16 Plank Time:
17 Plank Time:	18 Plank Time:	19 Plank Time:	20 Plank Time:	21 Plank Time:	22 Plank Time:	23 Plank Time:
24 Plank Time:	25 Plank Time:	26 Plank Time:	27 Plank Time:	28 Plank Time:	29 Plank Time:	30 Plank Time:

FEBRUARY!						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Plank Time:	1 Plank Time:	2 Plank Time:	3 Plank Time:	4 Plank Time:	5 Plank Time:	6 Plank Time:
7 Plank Time:	8 Plank Time:	9 Plank Time:	10 Plank Time:	11 Plank Time:	12 Plank Time:	13 Plank Time:
14 Plank Time:	15 Plank Time:	16 Plank Time:	17 Plank Time:	18 Plank Time:	19 Plank Time:	20 Plank Time:
21 Plank Time:	22 Plank Time:	23 Plank Time:	24 Plank Time:	25 Plank Time:	26 Plank Time:	27 Plank Time:
28 Plank Time:						